

Riverdog Farm Veggie Box News
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Box Contents:

1½ lbs Table Grapes
1 lb Summer Squash
½ lb Green Beans
1 lb Sweet Peppers
1 bu Tokyo Turnips
1 Melon
1 lb Tomatoes

Field Notes: The 3rd week of September typically brings cool nights and milder days but this week is slated to be a hot one with highs near 105. Keeping animals, crops, and ourselves well watered will be our main objective this week. Looking ahead, we plan to include more fall grapes in the boxes as well as winter squash, late cucumbers, assorted eggplant varieties, the first greens (kales, chards, & collards) bunches, beets, and the return of the ever-delicious carrots! Stay tuned to your upcoming, changing-season veggie box contents!

Box Notes: The table grapes are from Terra Firma Farm (certified organic by CCOF) in Winters. The variety is Autumn Royal. These grapes are so sweet and plump that it's easy to eat all the grapes in the bag at one time. Turnips are making their second appearance in your veggie box because they are so tender, mild, and optimally sized. The melon plants continue to produce sweet fruit. The melon is delicious for breakfast or dessert. Combine the grapes and pieces of melon in a fruit salad and top with yogurt. Refreshing food!

Riverdog Farm Pumpkin Patch Party: Sunday October 18, 2009, 1:00 to 5:00 pm.

Visit the land where your food comes from. Come to the farm for a hayride around the fields, pumpkin picking, and to share a meal under the old walnut trees. More details to come. Please RSVP via email: csa@riverdogfarm.com to let us know how many will be attending.

Hoes Down Harvest Festival!

Saturday October 3, 2009 from 11:00 am to 11:00 pm at Full Belly Farm in Guinda. This fun event to celebrate rural living is down the road from Riverdog Farm.

For more information go to www.hoesdown.org. The Saturday event costs \$20.00 for adults & \$5.00 for children ages 2-12. Children under 2 are free! On Sunday October 4, 2009 there will be several farm-related workshops such as Meet your Meat, The Chicken and Egg, Olive Oil 101, and Home Brewing. To defray the admission cost to the Saturday event, volunteer opportunities are available.

Payment Reminder: The veggie box price is \$20 per week. Fourth Quarter / October payment is due by September 25, 2009.

Monthly payment for four **Wednesday** deliveries in October is \$80.

Monthly payment for five **Thursday / Friday** deliveries in October is \$100.

Quarterly payment for 11 weeks of **Wednesday** deliveries from October through the third week in December is \$220.

Quarterly payment for 12 weeks of **Thursday / Friday** deliveries from October through the third week in December is \$240.

If you have any questions about your account status, please email us at csa@riverdogfarm.com or call (530) 796-3802.

Please check the "Ordered-Through" column on the sign-out sheet. If the printed date in the column is earlier than the end of the month, your payment for the remainder of the current month is due by the printed date. Without timely receipt of payment, deliveries might be interrupted.

We don't advertise our CSA program. We currently have space for additional subscribers. Endorsement from members who enjoy our service is the best advertisement we could ever hope for! If you like what we do and know folks who would enjoy receiving our weekly veggie box deliveries, please have them give us a call, send us an email, or visit our website: www.riverdogfarm.com.

Poached Chicken with Tomatoes, Olives, and Green Beans

From: <http://www.epicurious.com/recipes/food/views/Poached-Chicken-with-Tomatoes-Olives-and-Green-Beans-109737>

4 skinless boneless chicken breast halves (about 1³/₄ lbs)

1 tablespoon plus 1/4 teaspoon kosher salt

1³/₄ cups low-sodium chicken broth (14 fl oz)

3/4 lb thin green beans, trimmed

1 lb tomatoes, cut into 1/4 inch dice (3 cups)

1/2 cup brine-cured green and black olives such as picholine and Kalamata, pitted and chopped

1/8 teaspoon black pepper

5 cups water

1 fresh thyme sprig

5 tablespoons extra-virgin olive oil

1 tablespoon torn fresh oregano leaves

Sprinkle chicken all over with 1 tablespoon salt and let stand.

While chicken is standing, bring water, broth, and thyme to a boil in a 4- to 6-quart heavy pot, then add beans and cook, uncovered, until crisp-tender, 3 to 6 minutes. Transfer beans with a slotted spoon to a bowl and toss with 1 tablespoon oil and salt and pepper to taste.

Add salted chicken to broth and cook at a bare simmer, uncovered, 6 minutes. Remove pot from heat and let stand, covered, until chicken is cooked through, about 15 minutes.

Transfer chicken with tongs to a cutting board and cool, about 5 minutes.

While chicken is cooling, stir together tomatoes, olives, oregano, pepper, and remaining 1/4 teaspoon salt and 4 tablespoons oil in a bowl.

Holding a knife at a 45-degree angle, cut chicken across the grain into 1-inch-thick slices.

Divide green beans among 4 plates, then arrange sliced chicken over beans and top with tomato olive mixture.

Cooks' note: Beans, chicken, and tomato olive mixture can be made 2 hours ahead and chilled separately, covered.

Garden Gazpacho adapted from *Growing and Cooking Vegetables*, by Pamela Thomas

1 large cucumber

4 ripe tomatoes

1 clove garlic, peeled and smashed

1/4 cup olive oil

1 small green pepper

1 medium onion, chopped

2 to 3 tablespoons red wine vinegar

Salt and freshly ground black pepper, to taste

Peel and chop half of the cucumber; seed and chop the pepper. Chop 3 of the tomatoes. Place the chopped cucumber, the pepper, half the chopped onion, the garlic, and the chopped tomato pieces into a blender and puree. Pour the blended vegetables into a bowl and stir in the vinegar, olive oil, salt, and pepper, and chill thoroughly.

Coarsely chop the remaining cucumber, and place it in a small bowl; place the remaining chopped onion in another bowl, and the remaining tomatoes, chopped, in a third bowl. Serve the soup thoroughly chilled. Pass the chopped vegetables for garnishes.